



A STUDY OF POSITIVE EFFECTS OF YOGA

Taekyoon Kim¹

¹Hongik University, Seoul, South Korea

*Corresponding Author: Taekyoon Kim

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ABSTRACT

In this study, the objective was to test the influence of Yoga on diabetes patients by comparing the pre and post-test scores of subjective well-being. The study nature is pre and post experimental design. We used two groups including control group and the experimental group or group on which intervention is administered. The intervention in this case is the Yoga exercise. The sampling is based on convenience non-random sampling consisted of 60 patients who were diabetic patients. For experiment purpose, we divided the group into two equal parts including control group and the experiment group. The data is collected from survey method and target of the survey was diabetic type II patients. The duration of the study was 6 months. The results show that for experimental group, subjective wellbeing in the pre-test score was 143.73 which increased to 185.84 in post-test. In control group, the mean score of subjective-wellbeing in pre-test was 142.71 while in post-test, the score was 144.56. This result shows that in control group, the subjective wellbeing did not change much compare to the experiment group. The results support the notion that Yoga if administered can help diabetic patients in reducing the overall wellbeing including physical, mental, emotional, and spiritual dimensions.

Keywords: Yoga, Diabetic, Patients, Well-being.

INTRODUCTION

Chronic psychological problems becoming common mental health issues for societies around the world. Several psychological problems are occurring due to the associated physiological problems. For example, Diabetes is becoming a chronic common disease which is caused by loss of functioning of pancreas and situation where pancreases start producing less amount of insulin compared to what is required. The function of pancreases is to produce the right amount of

insulin to adjust the sugar quantity in the body. However, in situation of diabetes when pancreases are producing little or no insulin, the cells do not respond normally to the insulin. The result is that sugar starts to accommodate in the blood, overflow in the urine, and released from the body unused (WHO, 2010). The extent of the Diabetes globally can be estimated from the fact that globally, there are 285 million people who are suffering from diabetes (WHO, 2010).

Type 2 diabetes which is known as non-insulin-dependent or adult onset result from the body's ineffective use of insulin. Almost 90% of the diabetes patients around the globe belongs to the type 2 diabetes. Mostly, type 2 diabetes is caused by lack of physical activity and excessive body overweight.

One technique for physical activity and mind relaxation is Yoga which can be very helpful in avoiding diabetes. The word is derived from the Sanskrit word 'Yuj' which refers to the union of the mind, breath, and body.

Good health can be achieved with the yogic practices. In ancient tenants, yoga was considered as a way of life. The Yogi practices are based on asanas, regulated breathings, and awareness of yoga principles or sutras. According to Indian philosophy, Yoga is considered as one of the oldest wholistic health system. Yoga is now considered as a mental health practice and its role in cultivating good physiological and psychological health is recognized globally.

General well-being is the subjective feeling of no distress, no worry, no dissatisfaction, belongingness, utility, sense of achievement, positive experience, happiness, and contentment. The link between diabetes and physical activity is that of negative one. In other words, physical activity reduces the risk of diabetes and also decrease the negative effects of diabetes among patients. Studies shows that Yoga can be used to reduce blood glucose level among patients with T2DM (Subhash, 2015). Another study by Kumar (2012) showed that patients who were performing Yoga showed significant decrease in PPBS and FBS among T2DM patients.

Another study showed that yoga can be considered as an effective alternative to traditional aerobic exercises and strength training program. It gives individuals who are practicing it a more pleasurable exercise with less degree of stress. In sum, it can make diabetes patients feel better, improve their physical and mental health, and improve fitness level along with reducing the negative effects of diabetes.

Objective of the Study

The objectives of the study are as follows.

To test the influence of Yoga on diabetes patients by comparing the pre and post-test scores of subjective well-being.

Significance of the Problem

The diabetes is a global problem and every year millions of people newly fall in to the disease. A healthy life style is required to better overcome the diabetes disease. How Yoga can be used to overcome these negative outcomes requires some empirical investigation. Thus, the main problem this study is investigating is the diabetes patients, their complications, and the role of Yoga in assisting diabetes patients in overcoming the negative effects of diabetes.

Hypotheses

There will be a significant difference in subjective well-being of diabetic patients before and after yoga exercises in the experimental group.

RESEARCH DESIGN

The present study is based on pre and post experimental design. We used two groups including control group and the experimental group or group on which intervention is administered. The intervention in this case is the Yoga exercise.

Sample

The sampling is based on convenience non-random sampling consisted of 30 patients who were diabetic patients. For experiment purpose, we divided the group into two equal parts including control group and the experiment group. The mean age of the sample was 41.85. there were 16 male and 14 females in the sample. In group, there were 8 male and 7 females in both the control group and the experiment group.

Data Collection Tool

The tool for the data collection were survey method. The subjective well-being scale was adapted from HIngar, et al., (2008) consisted of 42 items which were measuring 7 dimensions including positive affect, negative affect, family life satisfaction, social support, financial security, health and energy and sense of accomplishment

Procedure

The data is collected from survey method and target of the survey was diabetic type II patients. The duration of the study was 6 months. The study was part of a project where hospital wanted to use the Yoga and meditation expert to train diabetic patients. The study surveyed 30 such patients out of which 15 received Yoga training as part of this program. We considered this group as experiment group and the control group was the group where individual patients did not receive such training.

Statistical Analysis

We used the conventional quantitative approach. The main analysis included descriptive statistics and paired sample 't-test'. All analysis was performed using the SPSS software.

RESULTS

Experimental Group

Table 1
Showing Mean, SD and 't' values between pre and post tests score of diabetic patients for subjective well-being.

Measures	Groups	N	Mean	SD	't' Value
Subjective Well-being	Pre-test	30	143.73	16.71	5.82
	Post-test	30	185.84	14.81	

The descriptive statistics is provided in the table above for the subjective well-being for pre-test and post-test. The results show that for subjective wellbeing, the pre-test score was 143.73 which increased to 185.84 in post-test.

Control Group

Table2

Showing Mean, SD and 't' values between per and a post-tests score of diabetic patients for subjective well-being.

Measures	Groups	N	Mean	SD	't' Value
Subjective Well-being	Pre-test	30	142.71	18.71	0.23
	Post-test	30	144.56	16.70	

In control group, the mean score of subjective-wellbeing in pre-test was 142.71 while in post-test, the score was 144.56. This result shows that in control group, the subjective wellbeing did not change much compare to the experiment group.

This study has been unique in the sense that intervention technique of yoga exercise schedule has been analyzed. It is apparent from the analysis that diabetic patients have improved certain characteristics with reference to emotional intelligence and subjective well-being which promote the use of yoga therapy.

Discussion

The results support the notion that Yoga if administered can help diabetic patients in reducing the overall wellbeing including physical, mental, emotional, and spiritual dimensions. In other words, if Yoga is practiced by diabetic patients, it can be used as an effective integrative or complementary therapy. We can also argue that by practicing Yoga, individuals can experience improvements in reducing stress and biochemical indices.

CONCLUSION

The conclusion of the study is that Diabetes is a disorder of metabolism and causes several negative effects on patients. However, regular Yoga exercises among Diabetic patients can be used to improve the wellbeing of patients in terms of different physiological and psychological outcomes such as reducing the sugar level in the blood, reducing blood pressure, and reduced

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